

Happiness Pony

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Worcester . . . the Hidden Pith

March 2012



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Presented By:



ELBOW GREASE

Green Cleaning & Organization
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Achshah was the daughter of Caleb. She was given upper and lower springs in Negev. See 1 Chronicles 2:49 & Judges 1:14-15.

Ralph Allen (1693-1764) was a British postal reformer who served as Postmaster, Mayor, and Member of Parliament for Bath. It was said his "experience in postal matters was probably unrivalled."

George Shelvocke the Younger was Secretary General of the Post Office in London 1742-1760. In earlier life, he sailed around the world with his father, privateer George Shelvocke the Elder.

Tohu was the great-great-grandfather of the Hebrew prophet and Judge Samuel. See 1 Samuel 1:1.

Staindrop Moor is in County Durham, England, near where Christopher Smart spent his teen years. It was "enclosed and divided in pursuance of an Act of Parliament obtained in 1764."

This **Hillel** is presumably not Hillel the Elder but rather the father of the tenth Judge of Israel, Abdon. See Judges 12:13.

Ammodytes, from the Greek for "sand diver," might here refer to both the lesser sand eel *Ammodytes tobianus* and to the Western sand viper *Vipera ammodytes ammodytes*, both described by Carl Linnaeus himself in 1758.

Sweet Bark

Cinnamon warms. It serves the greater good. What spice doesn't? And though we may associate cinnamon with the winter months, I recommend year-round enjoyment of this superlative spice.

The sweet and warming flavor of cinnamon is matched by an equally rich history. Once considered more precious than gold, cinnamon was offered as a gift to ancient kings. In Arabia, priests offered the first harvest of dried cinnamon quills to the sun god. Egyptians, perhaps aware of its antibacterial effect, added cinnamon to embalming mixtures. Moses combined Chinese cinnamon¹ ("cassia") with olive oil to anoint the Tabernacle. Nero burned a year's supply at the funeral of his wife.

Essential oils found in the sweet bark simply ooze with medicinal benefit. Consider the following. ☞

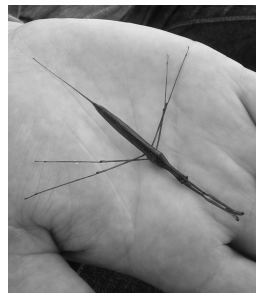
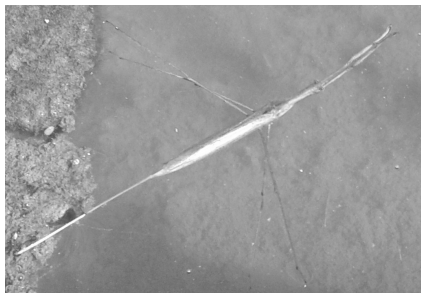
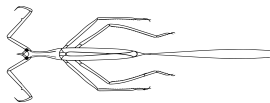
PonyCon To Be Held April 21, 2012 in Dreams

When you fall asleep April 21, feel free to dream the Happiness Pony Convention. This promises to be a wide-ranging event, and it's unlikely that anyone will dream the whole of the convention, so we welcome you to share your experiences with other attendees by sending lingering memories of the dream to editor@happinesspony.com. Huperzine A users will be having a pre-convention meetup in their dreams the night before.

Bugs of Worcester: Water Stick-Insect

SIGHTED AT CRYSTAL POND BY SARAH ASSEFA

This bug is also known as *Ranatra* or Water Scorpion.



Making It All Work by David Allen

This is a sequel to Allen's legendary productivity book *Getting Things Done*. If you're unfamiliar with the GTD model, here's a quick summary. 1. Write things down. 2. Revisit your lists at least weekly. 3. If you still don't feel in control, read the book to learn the best practices for 1 and 2.

I've just oversimplified GTD; *Making It All Work* goes deep and complexifies it, expanding the details and explaining how the system can handle big picture items like "the meaning of life." (*Mike Benedetti*)

Jubilate Agno

AN EXCERPT OF THE 1763 POEM BY CHRISTOPHER SMART

Let Achshah rejoice with the Pigeon who is an antidote to malignity and will carry a letter. For I bless God for the Postmaster general and all conveyancers of letters under his care especially Allen and Shelvock.

Let Tohu rejoice with the Grouse—the Lord further the cultivating of heaths and the peopling of deserts. For my grounds in New Canaan shall infinitely compensate for the flats and maynes of Staindrop Moor.

Let Hillel rejoice with Ammodytes, whose colour is deceitful and he plots against the pilgrim's feet. For the praise of God can give to a mute fish the notes of a nightingale.

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- Promotes healthy digestion.
- Contains cinnamaldehyde, which is anti-inflammatory, anti-spasmodic, and anti-clotting.
- Aids blood circulation.
- Alleviates stomach and menstrual cramps, nausea, vomiting, and flatulence.
- Antimicrobial properties inhibit the growth of bacteria and fungi, including the often problematic *Candida* yeast.
- Regulates blood sugar.
- Treats diarrhea, influenza, arthritis, and rheumatism.
- Strong source of manganese, dietary fiber, iron, and calcium.
- Cinnamon is aphrodesiacal.

Cinnamon boasts endless possibilities in cookery. Classic applications on toast, hot cereals, and tea remain popular. But cinnamon in savory dishes is superb! Add it to black beans, next time you cook burritos. Meat eaters should try lamb sautéed with eggplant, raisins, and cinnamon. Vegetarians and omnivores alike will appreciate tofu cooked in cinnamon and onions, with pecans and roasted sweet potatoes. Be sure to add ground cinnamon when preparing curries. And lastly, try mixing the spice into your ground coffee. A dash of dark chocolate once it has brewed, and you've got a fashionable, hot morning cup.

Go get enamored of cinnamon.
(Patricia Kirkpatrick)
\$\$\$

1. Cinnamon comes in two varieties, as it has throughout history. Cassia, or Chinese cinnamon, originally grew in large groves around the city of Kweilin ("kwei" translates to cinnamon and "lin," to forest.). True cinnamon, also called Ceylon cinnamon, has a sweeter, more refined flavor and is much harder to find in local markets.

CAPRA SAYS:



508:

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HAPPINESS PONY
Income Statement
February 2012

Revenue	
Donations from editors	\$85.78
Ad sales	\$0.00
Other donations	\$0.00

Expenses	
500 copies	\$85.78
Test copies	\$0.00

Net Income	
	\$0.00

Happiness Pony is a free monthly newspaper published in Worcester, Massachusetts. This issue was edited by Asa Needle, Patricia Kirkpatrick, & Mike Benedetti.
editor@happinesspony.com



Legba

Who is that old man at the crossroads, puffing slowly on his pipe, leaning on his crutch, laughing softly at his faithful dogs?

He appears to walk with a limp—we do not see that he straddles different worlds.

He appears weak and frail but is the keeper of the gateway—no one communicates with a spirit without his permission.

He is the great communicator and the great trickster. He allows you to see into your future, to speak with spirits and gods—and he allows you the freedom to misunderstand and misinterpret everything seen and said.

He is Papa Legba.

At times he is also Prometheus. He stole a divine secret and shared it with us, the secret of communication with other worlds.

At times he is Hermes, a messenger to the divine.

When crippled, he is St. Lazarus. When guarding the gate, he is St. Peter.

Nothing is as it seems with Legba.

(Written by Nicole Apostola. Art by Tooth Granat.)